Sculpture Viktor Hugo Yanez

"Remove"

text: Manuela Toto

There comes a time when,
after a lifetime spent adding,
you start to remove.
Eliminate foods that are bad for you.
Take off any clothes that fit
too tight or too loose.
Remove junk
forgotten in drawers.
Take your heart out of places
where there is no more love,
take away the time spent chasing people.
Take your eyes off those who hurt you,
take power away from the past,
remove the blame from your stories
and the look from whoever speaks to you behind you.
Remove the weeds around your dreams,
the yeses granted for adaptation.
True wealth is not adding,
but remove.